

The Food Guide Drum and Dietary Guidelines

The Food Guide Drum and Dietary Guidelines reflect both the culture and food choices relevant to The Bahamas.



The Dietary Guidelines show how many servings an individual should eat from each food group each day.

A serving is a standard amount of food recommended for a meal or snack. It is used to give advice about how much to eat or to identify how many calories and nutrients are in a food.

A portion is the amount of food an individual chooses to eat. There is no standard portion size. A portion may contain more than one serving.

It is important to control portion sizes to maintain a healthy and balanced diet. Always use serving sizes as a guide when selecting foods.